

# Growing Up In Him: The Disciplines of a Christ Follower

**Its Mine**  
Matthew 6:1-4

Notes

How does your bank account reflect your spiritual priorities?

Why does giving require you to be disciplined?

Why does Jesus tell us to make our giving a personal matter?

List one thing you will have to change in order to improve your giving.

## Personal Journal

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

**Talk to Me**  
Matthew 6:5-15

Notes

Do you find prayer to be hard?

Jesus calls on us to pray in secret. How then are we supposed to understand public prayer?

What does it mean to pray continually?

Have a specific prayer time each day this week. Keep a journal of your thoughts and requests to God.

## **Personal Journal**

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

**I'm Starving**  
Matthew 6:16-18

Notes

What is the most difficult thing about fasting?

Why does Jesus call on us to fast in secret?

Fasting has traditionally been from food. From what else could you fast?

Make a plan for a simple fast from something and carry out that plan, then write in a journal what you learned.

## Personal Journal

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

## **Turn the Phone Off**

Mark 1:35-39

### Notes

What do you learn about Jesus from this passage?

What do you think is the hardest part about the discipline of silence?

Could you go all day without talking? How would a day without talking be beneficial?

Make a plan for setting aside a day or part of a day to practice silence.

## Personal Journal

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

**Think About It**  
Psalm 1:2

Notes

What do you think is the hardest part of meditation?

What other disciplines will help you to meditate?

What do you think would be the biggest benefit of meditation?

Pick out a passage of scripture and meditate upon it this week.

## **Personal Journal**

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

## **It's Not My Job**

John 13:12-20

### Notes

What do the last six commandments have to do with service?

Why does it go against the human condition to serve others?

How do you avoid being taken advantage of while you serve others?

What is the potential for serving others at your place of employment?

## **Personal Journal**

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

## **Simplicity is Difficult**

Matthew 6:33

### Notes

What other disciplines will help you practice simplicity?

How can someone who is poor be just as materialistic as someone who is rich?

Why is the human condition so contrary to living simply?

How is living simply different than being a minimalist?

## **Personal Journal**

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List

## **You are Always Right**

1John 1:9

### Notes

What does confession do for our spiritual life?

Why is confession so hard to do?

What do we learn about confession from Adam and Eve (Genesis 3:6-13)?

How does a proper understanding of confession help you practice this discipline?

## Personal Journal

What did I learn about God?

What did I learn about myself?

What will I do with what I just learned?

Prayer List